

# We're going on a Psalm Walk...



Before you set off read the Psalm and ask God to meet you through his creation and speak to you as you walk. Take time to wonder at the creation all around you.

## Psalm 19

**"The teachings of the Lord are perfect; they give new strength"**

The writer of this Psalm is celebrating the world that God created and the words that God has spoken.

Allow both the beauty around you and the language you are reading to speak to you today.

**v1 – "The heavens declare the glory of God, and the skies announce what his hands have made."**

- Find a dry open place to lie down and look at the sky.
- Read aloud verses 1-6 which are all about the sky.
- Think of the sky stretched around the whole world.
- What is God saying to you through the heavens?

Can you see any pictures

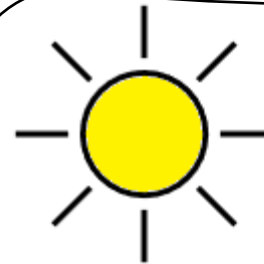


in the clouds?

**v9-10**

**"The judgments of the Lord are true; they are completely right. They are worth more than gold, even the purest gold. They are sweeter than honey, even the finest honey."**

How many bees can you see on your walk today?  
How many golden coloured things can you find?



**v6 – "The sun rises at one end of the sky and follows its path to the other end. Nothing hides from its heat."**

- Close your eyes and gently tilt back your face
- Feel the heat of the sun on your skin.
- Soak in the warmth and feel the presence of the sun. Pray and ask God to fill you with his Spirit and warm you with his presence.

**Remember!  
Never look directly at the sun!**